

**AMENDMENTS TO THE SPECIFICATION:**

Please amend the Abstract page on page 17 as follows:

~~Device~~ A device to carry out physical exercise that comprises a double-sided support (1), with one upper and one lower side, one of which is considerably rigid and the other includes an inflatable flexible element (3) ~~or the like, and it is characterised in that it~~ . The device comprises resting means for the support that allow users to carry out aerobic and cardio exercises and to work on their physical condition in general using the considerably rigid side. ~~Thanks to these characteristics, the~~ The device of the invention is reversible and allows users to work on the areas of aerobic, cardio, balance, proprioception and coordination.

~~Figure 2.~~